



# **PRESCRIPTION FOR SAFETY**

Car crashes are the leading cause of death for children. To help you select the right child restraint for your child's age and weight, the North Dakota Department of Health offers the following guidelines for buckling up children.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

## **INFANTS**

0-1 yr.

5-30 lbs.

Infants should ride in rear-facing car safety seats until they have reached both 20 pounds and 1 year of age. In addition, the American Academy of Pediatrics recommends keeping children rear-facing to the highest rear-facing weight limit of a convertible seat.

## **TODDLERS**

1+ yrs.

21-40 lbs.

Toddlers who weigh more than 20 pounds and are at least 1 year of age should ride in a forward-facing car seat with harness until they weigh 40 pounds.

## **CHILDREN**

40-80 lbs.

Children who weigh between 40 and 80 pounds and are less than 4 feet 9 inches tall should use a booster seat to position both the lap and shoulder belt. Both lap and shoulder belts must be used with a booster seat.

80+ lbs.

Children who weigh more than 80 pounds and are more than 4 feet 9 inches tall should use a seat belt, using both lap and shoulder belts.

## **ALL CHILDREN**



All children 12 and younger should ride in the back seat, even if the vehicle doesn't have airbags.

All child restraints must be properly used according to the child restraint instructions and vehicle owner's manual.



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

For more information,  
call the North Dakota Department of  
Health at 800.472.2286.